

# What can you do to AVOID GETTING H1N1?

- Cover your mouth when you cough or sneeze. Throw the tissue away after use.
- Avoid touching your eyes, nose or mouth. Germs spread that way.



- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Stay home if you get sick. CDC recommends staying home from work or school and limit contact with others.



Davis  
County  
Health  
Department

For more information, call  
(801) 451-3333 or 2-1-1  
or visit

[www.daviscountyutah.gov/health](http://www.daviscountyutah.gov/health)